



**EVERY DAY, YOU  
SHOULD HAVE...**

<b>MILK</b>	<b>BREAD</b>
1 cup milk or yogurt	1 slice of bread
1-2 ounces of cheese	1 ounce of cereal
	1/2 cup cooked cereal, rice or pasta
<b>MEAT</b>	
2-3 ounces of lean meat, poultry or fish	
The following count as 1 ounce:	
1/2 cup cooked dry beans, 1 egg	
2 tbs. peanut butter	
<b>VEGETABLE</b>	
1 cup of raw leafy vegetables	
1/2 cup of other vegetables	
3/4 cup of vegetable juice	
<b>FRUIT</b>	
1 medium apple, banana or orange	
1/2 cup of chooped, cooked or canned fruit	
3/4 cup of fruit juice	

Secretary of Agriculture,  
Washington, DC 20250

# Summer Food Service Program



## TOP TEN REASONS TO EAT WELL

**1. TASTE.** Discover nutrition anytime, anywhere -- and enjoy the great taste of eating well.

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# Munch Invites You to Summer Lunch



## 5-A-Day Power Plan

1. Eat a minimum of 5 servings of fruits and vegetables each day.
2. Eat at least one vitamin A-rich food each day.
3. Eat at least one vitamin C-rich food each day.
4. Eat at least one high-fiber fruit or vegetable each day.
5. Eat cruciferous vegetables like broccoli, brussels sprouts, cabbage, cauliflower, and kale several times a week.

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**How many of these fruits and vegetables can you unscramble?**



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Answers: lemon, apple, banana, pear, plum, grape, peas, corn, kale, celery, onion, beet